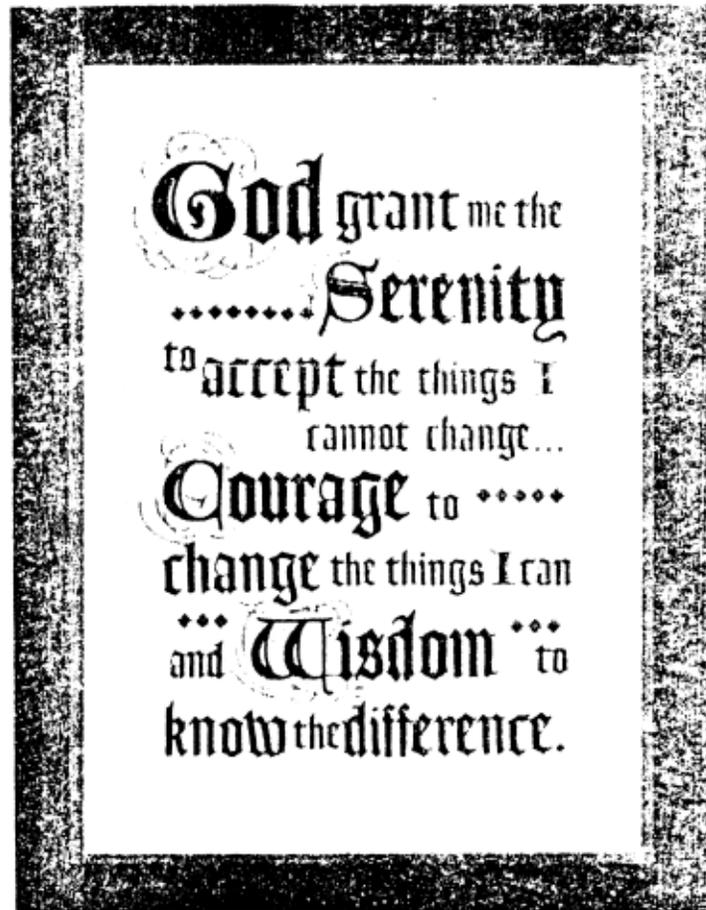


# MID-AMERICA REGIONAL NEWSLETTER

MAY 1983

BI-MONTHLY



## GROUP NEWS INFO

### OKLAHOMA

Tulsa: Tulsa NA would like to introduce our newest group. Our name is the Love and Unity group. We meet on Monday night at 7:30-8:30 pm at the Zarrow Independent Living Center, 1220 S. Trenton, Tulsa. We have a discussion every other week and book study every week.

We started our meetings in Feb. and now have an average of 15 people per meeting.

Our officers are Leo S. secretary/treasurer; Jack E. GSR, and Mike G. chairman.

With the addition of this group Tulsa now has meetings every day with 2 on Thursday. Please come visit soon.

### CLEAN 'N CRAZY CAMPOUT IN OKLAHOMA.

Location: Sparrowhawk on the Illinois River

When: June 10, 11 and 12th.

Sparrowhawk is located 5 miles NE of Tahlequah on state hwy. 10. The camp is about 1/4 mile off the highway. Take highway 51 to Tahlequah, Route 10 north, then follow signs.

#### Schedule

|                |  |
|----------------|--|
| Fri. June 10th | 5PM registration opens<br>8PM campfire meeting   |
| Sat. June 11th | 9AM Group canoe float - \$10.00, call<br>918-456-8371 and reserve canoe OR<br>swimming, fishing, innertubing,<br>horsebackriding or logrolling.<br><br>5PM dinner<br>7:30 Raffle<br>8PM Speaker-Marilyn B.<br>11:00 campfire mtg |
| Sun. June 12th | 10AM speaker   |

Registration fee: \$6.00 in advance; \$7.00 at campsite

GROUP NEWS CONTD.

KANSAS

Lawrence, Ks: Hi from the Larry town group. You haven't heard from us for a while but we're still here and doing fine. We have new officers: Scott G treasurer, Blake H. is GSR and Dallas U is secretary.

We have two mtgs a week: Wed at 8PM at DCCCA office and 8PM Fr.at St. John's rectory.

We're helping for the Regional campout at Perry Lake on the 4th of July. Things are starting to come together and we're already getting excited about it.

MISSOURI

St. Joseph, MO. We are a new group, named "New Attitudes". We have mtgs Mond, Tues, Wed and Fri at 8PM. We don't have a set mtg place yet so if you want to come to a mtg, call Norman (GSR) at 816-233-6500, Tom 816-238-7877 or Cheri 816-232-0424. Hope to see visitors soon.

Westport, KCMO: We are planning a group canoe trip on the Jack's Fork river in southern MO. It will be weekend of June 25th. For info, contact: Sean 816-561-9641. Price is \$15.00 for canoe and camping Fri and Sat night.

The group is having a Benefit sale May 22nd at our clubhouse, in KC. Hope to raise lots of \$\$\$

Committee chairpersons elected: Dana E, H&I; Cathy D, Literature; Karen, Fundraising.

We had a 6 week long 4th step mtg Sat night at 9:30pm and it was a great success. Lots of 4th & 5th steps were done!!

Birthdays: Mike V, 3 yrs in April; Cathy D, 2 yrs and Becky P, 4 yrs in May and Al P. 1 year; Donna F. 3 yrs (hopefully) in June.

NARA has asked our group to bring a mtg twice a mo.

GROUP NEWS CONTINUED

JOPLIN, MO: Fifth Tradition Group has many birthdays: Blackie B, 10 yrs, Bob R. 4 yrs, Jean H. 3 yrs, Bill S. 1 yr, Tracy S. 1 yr to be celebrated in May. Birthday speakers mtg is last Tues at 8PM at St. John's Hosp.

ST. LOUIS, MO: Greetings from the Willingness to Try group. For those who don't know, we meet Wed at 7:30 at 5471 Martin Luther King Drive in St. Louis. We are now meeting downstairs in a bigger room, since we have been growing by leaps and bounds. Adrienne is our new GSR and is doing a super job. We hope to be getting a dance together, along with another St. Louis group, to raise money for (dare I say it) an office. Happy birthday to Johnny L. for 6 months and Alison M. for 30 days.

HIGH ON LIFE PICNIC

Location: Stöckton Lake, Mo. Group use area campground  
When: June 24, 25 and 26, 1983. See attached flyer for info

- SOME GOOD THOUGHTS FROM OUR FELLOW ADDICTS

WILLINGNESS TO TRY

I'm scared.  
I'm lost.  
And I feel like a bore  
I don't have any one any more.

I do have my high,  
Also the feelings of wanting to die,  
soon.

I found the Willingness to Try,  
Where Milton, Mary, and Adrienne said "Hi".

They got on my case  
and they said "You are not unique.  
So quit feeling sorry for yourself  
and have a seat."

I had listened to them and knew  
I couldn't go back to the T's and Blue's.  
They said "Quit playing games,  
and tell us your name".

I said "Alison", and scared of what they say;  
I was wrong, they wanted me to stay.

After that night, I tried to pick right.  
It took a while but I finally picked it one night.

I'm happy now  
and I know why.  
It was the help of the group-  
The Willingness to Try.

All it took for the door to be found--  
A real good look around.

Alison M.

SOME MORE GOOD THOUGHTS.....

One's message

From time to time I stop to think of people in the street  
I'm sure you know cause most of us experienced it's defeat  
Out there in some forgotten town-or in a darkened room  
We realized that we were standing face to face with doom.

Remembering the life I lived where selfishness deceived  
A time when I loved nothing more than powder or a leaf  
Returns me to Reality when everything seems lost  
Reminds me that I almost paid the nearly fatal loss.

So here and now I'd like to state my feelings on this page  
I'm grateful for what's come to me at such an early age  
Through ever guiding patience your love helps me with today  
I thank you for the gift that you so freely give away.

Then let me always greet the souls who wander through the door  
And let them know they have a chance to Die or Live once more  
To leave or stay-to use or not-surrender to defeat  
And share my faith so they won't have to suffer in the street.

Anonymous, Topeka, Ks.

The next articles are from a Literature-generating meeting  
held in Springfield, Mo at Regional mtg April 30th.

GRATITUDE

Being grateful is a new experience for me. I'm grateful for  
being clean today, and I'm grateful for being alive. When I  
get up in the morning I thank God for giving me another day.  
When I go to bed I thank HIM for helping me through the day.  
Before I came into the program I was grateful for nothing,  
resentful of everything. It was not a very pleasant way to live.  
Today I'm grateful for NA, which taught me to be grateful for  
the life I have today, One Day at a Time.

GRATITUDE

Gratitude is one of the first good feelings I received when I  
came to NA. I had never experienced it before, never been truly  
grateful for anything. At first the feeling was for being clean.  
Now I make a list to view my progress, to see if I'm grateful  
for things only or also for new thoughts & feelings. At times,  
the feeling overwhelming that it brings tears to my eyes.

-MORE GOOD THOUGHTS.....

GRATITUDE

I was never grateful for much of anything during my using years. At times I hated everything including my own self. I disliked life and often wished I had never even been born. Alcohol and drugs made me into a self-destructive time bomb of hate, resentments, anger, self-pity, and they were ready to go off at the slightest tic. I can honestly say I have never really felt gratitude until I got so tired of being that explosive type person and found a new way! The NA way of life has brought me back into this world with love, compassion, and understanding I always figured impossible. If grateful is the word for having my life literally saved from mental torment, physical abuse, and pure insanity. Then yes I am entirely grateful for the people I have made friends with in the NA fellowship.

GRATITUDE

"My gratitude speaks when I care and share with others the NA way". Today I am recovering from my disease of addiction with the help of NA. Just the other day I was walking across campus, with the trees with new green leaves and blossoms, when I felt in my gut that if I had continued to use I would be dead today. I truly am living on borrowed time.

I was at a workshop last week and the last session was a round table discussion on the twelve steps. I was very tired when I shared. I talked about still having a spiritual awakening, of being increasingly aware of the world around me and all of it's beauty. Then I talked about the other people in the program and how through them I'm finding myself. The love of the people in the program has melted the walls of my self-made prison. I'm being set free. This program has given me more than I dreamed or hoped for. And then I cried-not tears of sorrow, tears of gratitude.

GRATITUDE

Gratitude is probably the most important concept for my sobriety, outside of a belief in a higher power. It is what allows me to work the NA program according to the will of my higher power. It allows me to take myself (or my big I) out of my involvement in NA-I became a channel through which God's will, message and blessings can be transmitted to others. Humility is the key to understanding that my successes are beautiful gifts from God to be shared with others. This one of the more important aspects of growth that has come into my life from gratitude.

Gratitude also is my new high. The feelings I experience through gratitude are joy, freedom-through a release from wordly tensions & bonds, and a feeling of inner peace that comes from a oneness with my higher power. Gratitude is life-sustaining for me.

Thank you to all who contributed their thoughts for this new addition to the newsletter called  
"Some Good Thoughts from our Fellow Addicts"

SPONSORED BY LINCOLN AREA N. A.

NA

# THIRD ANNUAL NA RUN FOR FUN

## BIKE RUN

## HOG ROAST-CAMPOUT

MAY-27-28-29-30 ALEXANDRIA, NB.

RALLY AT CLUB HOUSE 1104 N 27 5:00pm LEAVE 5:30

EVERYONE WELCOME CARS AND TRUCKS TOO!

ALL PROCEEDS TO LINCOLN AREA

NO CHARGE DONATIONS ACCEPTED!

## FUN ONLY NO BUSINESS!

## EVENTS, GAMES, MEETINGS

A PARK STICKER WILL BE NEEDED TO ENTER THE PARK  
THESE WILL BE AVAILABLE AT THE SNACK BAR LOCATED  
AT THE ENTRANCE TO ALEXANDRIA RECREATION AREA!

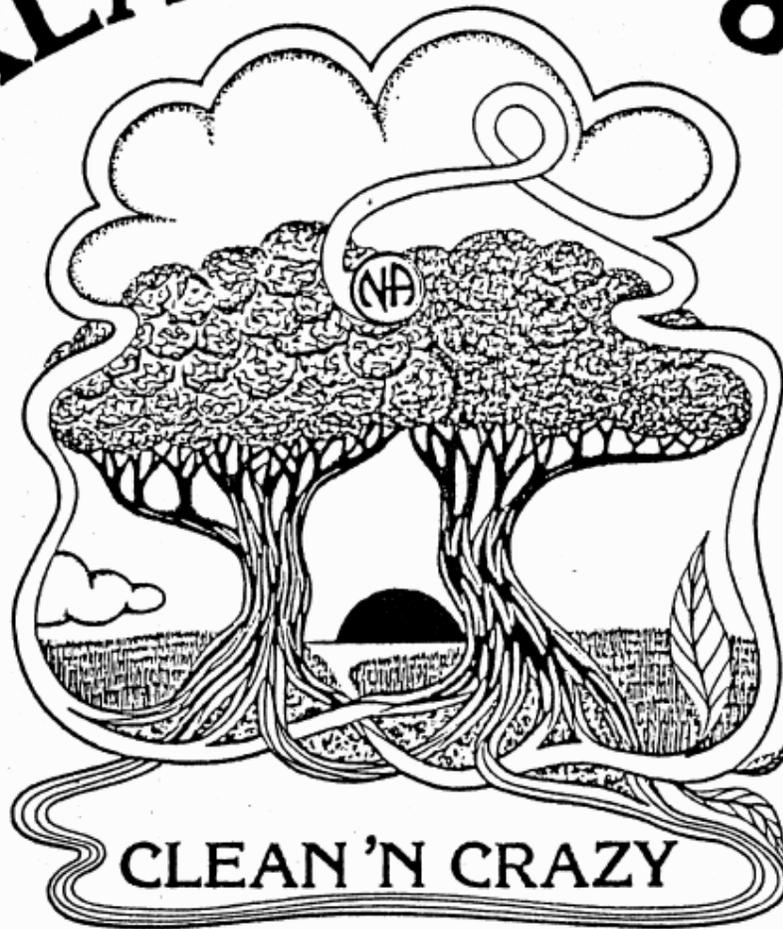
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A MEDICAL RELEASE SIGNED BY PARENT OR GUARDIAN  
SHOULD BE BROUGHT BY ANYONE UNDER 19 YRS. OF AGE  
IN CASE OF AN ACCIDENT!

FOR INFORMATION CALL 966-9115

DAN W. 1120 SALISBURY CT # 17 LINCOLN

OKLAHOMA '83



CLEAN 'N CRAZY  
CAMPOUT

JUNE 10, 11, 12

**SPARROWHAWK**

\* Important \*

Reserve your  
own canoe

Call (918) 456-8371

*on the*

Float Trip

Sat. June 11th

9:00 a.m.

**ILLINOIS RIVER**

Speakers - Raffle - Swimming - Fishing - Floating - Hiking - Fellowship

Jimbo P.

(405) 329-1533

- For More Info Call -

Mark T.

(918) 749-2045

1983

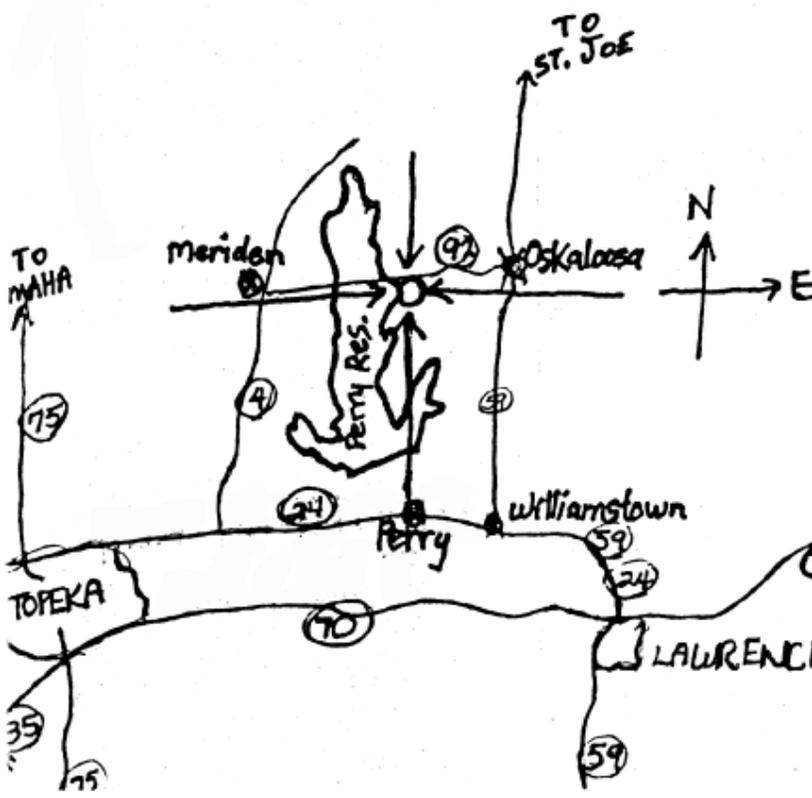
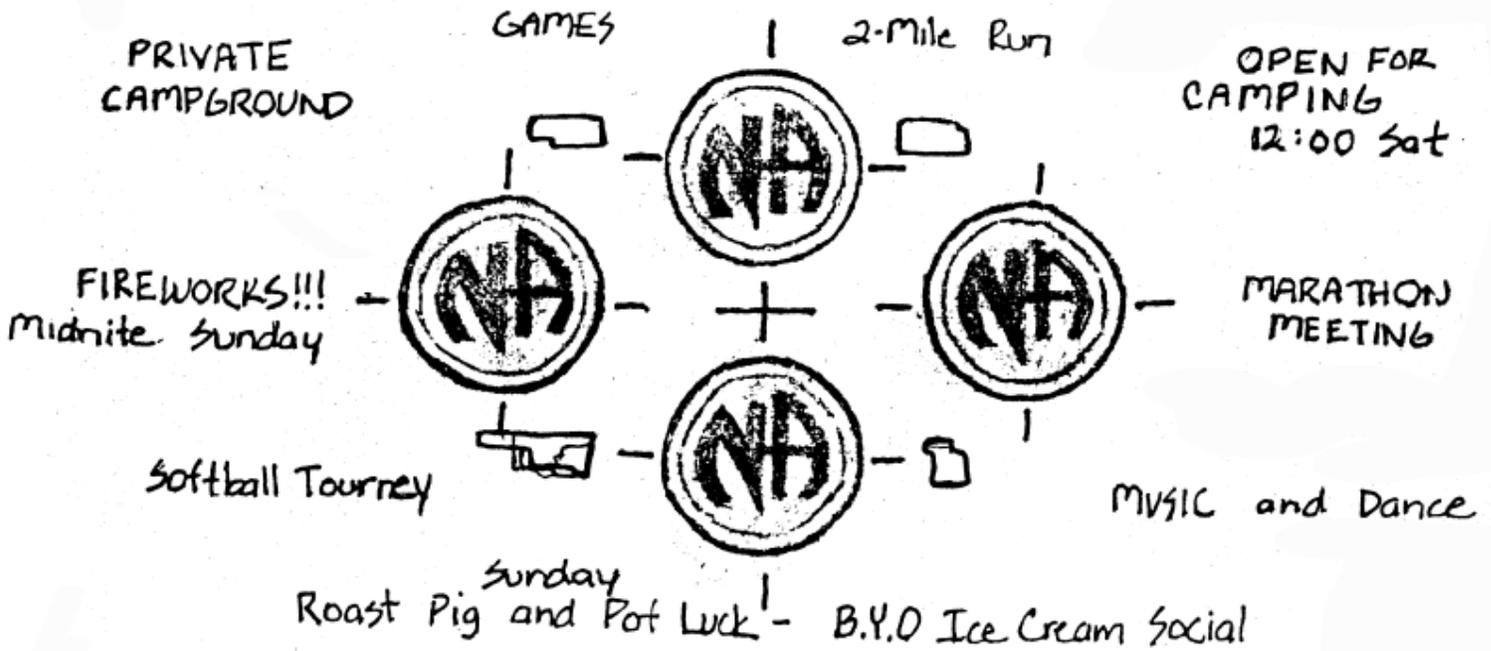
# MID-AMERICA REGIONAL CAMPOUT

Fellowship For Freedom  
brings you...  
"PERRY PIG OUT"

Sharing  
Caring

Learning  
Growing

JULY 2,3,4th '83  
"To Celebrate Freedom"



LOCATION:  
Perry Res. - NE Area of Lake  
"Old Military Trail"  
Follow signs "P.P.O."

### FOR INFO:

- LINDA M. 913 842 7890
- GLENN S. 913 232 6997
- DAVE K. 913 834 3629
- LARRY V. 913-842-2632